

Treatment of Low Blood Sugars

1. A low blood sugar level is an **emergency that needs to be treated immediately**. Without treatment, a low blood sugar may progress to unconsciousness and convulsions.
2. Low blood sugars can be prevented by:
 - **Extra** snacks for extra activity (consult exercise guide and/or dietitian)
 - Eating immediately after taking insulin if the blood sugar is <100 mg/dl
 - Eating an **extra snack** of carbohydrate and protein if the blood sugar is <120 mg/dl at bedtime
3. Treatment should be given whenever the blood sugar drops below 90 mg/dl or symptoms are present.
4. Notify parent or guardian when treatment is necessary due to low blood sugar.
- Replacing carbohydrates in the meal plan with things like regular soda or regular popsicles **ON SICK DAYS**

SYMPTOMS	TREATMENT
MILD Irritability Shakiness Sweating Fast heart rate Pale skin Dizziness Hunger	QUICK-ACTING SUGAR <ul style="list-style-type: none"> • 15 grams of carbohydrate • See treatment guide by age on page 97. • If not better in 15 minutes, repeat treatment. • If the next meal or snack is more than 30 minutes away, give an extra snack of carbohydrate and protein.
MODERATE Confusion Poor coordination Behavior change Slurred speech Weakness Headache	INSTANT GLUCOSE/CAKE FROSTING (GEL) <ul style="list-style-type: none"> • Insert tube between gum and cheek. • Administer appropriate amount. • If no response in 15 minutes, administer glucagon. • If the next meal or snack is more than 30 minutes away, give an extra snack of carbohydrate and protein.
SEVERE Unconsciousness Seizures Inability to swallow	GLUCAGON <ul style="list-style-type: none"> • Administer Glucagon as directed. • Call paramedics. • Phone diabetes doctor on call. • Feed as soon as possible after awakening.

Adapted from: "Diabetes Management in the School Setting", 1998, Missouri Association of School Nurses.

Carbohydrates for Treatment of Low Blood Sugar Management

- The following table contains correct amounts of carbohydrate for treating low blood sugar in children. Amounts will vary according to age.
- Chocolate candy bars should NOT be used in the treatment of low blood sugar because they are high in fat content. Fat causes digestion to be slower so that sugar does not enter the cells as fast as other choices.
- Low fat or 2% milk is a good choice (especially during the night if the next meal is more than about 30 minutes away) because it also contains protein and some fat which will help keep the blood sugar in target range.
- If the next meal or snack is more than 30 minutes away, the fast-acting sugar should be followed by an extra snack consisting of a bread and a meat.

ITEM	5 YEARS OF AGE AND YOUNGER (5-10 grams)	6-10 YEARS OF AGE (10-15 grams)	10 YEARS OF AGE AND OLDER (15-20 grams)
B-D Glucose Tablets (large) (3 tabs = 15 grams)	1-2 tablets	2-3 tablets	3-4 tablets
Dextrotabs, Dextrasol Tabs (small) (7 tabs = 15 grams)	3-4 tablets	5-6 tablets	7-8 tablets
Glucose Gel (31 gram tube)	1/6-1/3 tube	1/3-1/2 tube	1/2-2/3 tube
Cake icing (small tube) (1 teaspoon = 4 grams)	2 teaspoons	3 teaspoons	4-5 teaspoons
Honey, maple or Karo Syrup (1 teaspoon = 5 grams)	1-2 teaspoons	2-3 teaspoons	3-4 teaspoons
Orange Juice (1/3 cup = 10 grams)	1/4 -1/2 cup	1/2 -3/4 cup	3/4-1 cup
Apple Juice (1/3 cup = 10 grams)	1/4 -1/2 cup	1/2 -3/4 cup	3/4 -1 cup
Table Sugar (1 teaspoon = 4 grams)	2 teaspoons	3 teaspoons	4-5 teaspoons
Regular Soda (1 ounce = 3 grams)	2-3 ounces	4-5 ounces	5-6 ounces
Raisins (1 tbsp = 7 ½ grams)	1 tablespoon	1 1/2 -2 tablespoons	2 1/2 -3 tablespoons
Lifesavers (1 = 3 grams)	2-3	4-5	5-7
Milk-2% (8 ounces = 12 grams)	4-5 ounces	6-7 ounces	8-10 ounces